

Black Pepper Beef and Cabbage Stir Fry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-beef-and-cabbage-recipe>

Ingredients:

- 2 tablespoons vegetable oil
- 4 cloves garlic chopped
- 1/2 pound ground beef
- 1/2 head cabbage shredded
- 1 red bell pepper cut into strips
- 2 tablespoons soy sauce
- 1 teaspoon corn starch
- 1/2 cup cold water
- 1 teaspoon ground black pepper or to taste
- salt to taste, optional

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 40 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 4 grams
8. Sodium: 700 milligrams
9. Sugar: 1 grams
10. TransFat: 1 grams

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